

**MAYOR'S HEALTH AND FITNESS CHALLENGE**  
**March 2004 SCHEDULE OF ACTIVITIES**

**Note:\*\*\*Optional Miami Dade Parks & Recreations activities requiring special fees.**

Focus	Activity	Description	Date	Time	Location
Fitness***	Basketball Team (\$32./Monthly)	Basketball for people with developmental disabilities. Ages 13 and older. For information call: 305-665-5319	Mon. - March 1 (Mondays & Wednesdays)	5:00 PM - 6:00 PM	Liesure Access Center 3401 SW 72 Ave.
Fitness***	Mountain Bike Trails (\$10./One time registration fee; \$2./night; \$4./vehicle on weekends)	Beginners, intermediate and advanced riders. For more information Call: 305-685-8389	(Starting on) March 1st Mondays - Sundays	Sunrise to Sunset (Night rides: 6pm- 9pm Tue & Thur)	Amelia Earhart Park 401 East 65 St. Hialeah
Fitness	Sailing Program	Children 7-15 can become skilled sailors in this national course on boating. For schedules, call: 305-685-8389	Monday, March 1st	Call for Schedules	Amelia Earhart Park 401 East 65 St. Hialeah
Fitness***	Adapted Aquatics (\$40./10swim classes & \$30./10arthritis classes)	Water exercises for adults and children with disabilities and arthritis, ages 6 and older. For location of arthritis classes, call: 305-652-4304, 305-665-5319, or 305-234-4948 for schedules.	Monday, March 1st.	Various Times	Tamiami, Brentwood, Norwood, A.D. Barnes, and Cutler Ridge pools
Fitness/Stress Management	Tai Chi	Introductory classes offered by the Mayor's Health and Fitness Challenge program for ages 15 and older.	March 1,8,15,22 & 29 (Mondays)	9:30 AM - 10:30 AM	African Heritage Cultural Arts Center 2166 NW Dr. Martin Luther King, Jr. Blvd. Miami
Stress Management	Hatha Yoga Class	Bring your towel and mat and enjoy learning to relax	March 1,8,15,22 & 29 (Mondays)	1:00 PM - 2:30 PM	Coral Reef Library Branch 9211 Coral Reef Drive
Fitness***	Arthritis Aquatics (\$30./5 wks. Tue & Thurs \$30./10 Saturdays)	Low impact water exercises focusing on range of motion, strength and endurance. Call: 305-665-5319	Tue. - March 2 (Tuesdays & Thursdays)	VARIOUS TIMES	Barnes Pool 3701 SW 72 Ave.
Fitness***	Swim Team (\$30./10 classes)	Swim classes and competitions for individuals 13 and older with developmental disabilities. Call: 305-665-5319	Tue. - March 2 (Tuesdays & Thursdays)	VARIOUS TIMES	Leisure Access Center 3401 SW 72 Ave.

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Fitness/Stress Management	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health as part of the Mayor's Health & Fitness Challenge introductory mobile classes.	March 2,9, 16 & 23 (Tuesdays)	5:00 PM - 6:00 PM	Miami International Airport Terminal A, 4th Floor Auditorium
Stress Management	Anxiety, Stress and Panic Support Group	Join Stan Hyman, LCSW, and group members helping to support each other through experience.	Tues. - Mar. 2 & 16	7: 00 PM - 8:30 PM	Northeast Branch Library 2930 Aventura Blvd
Stress Management	Hatha Yoga Class	Bring your towel and mat and enjoy learning to relax	Wed. - March 3,10,17,24 & 31 (Wednesdays)	11:00 AM - 12:30 PM	Coral Reef Library Branch 9211 Coral Reef Drive
Stress	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health. Call: 305-233-8140	March 3,10 & 17, 24 & 31 (Wednesdays)	7:00 PM - 8:00 PM	South Regional Library 10750 SW 211 Street
Stress	Into the Silence	A series on meditation, stress management and self-esteem for adults.	March 3,10,17,24 & 31 (Wednesdays)	7:30 PM - 8:30 PM	Key Biscayne Branch Library 299 Crandon Blvd.
Stress	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health.	March 3,10 & 17, 24 & 31 (Wednesdays)	5:00 PM - 6:00 PM	Stephen P. Clark Center 111 NW 1 Street West Entrance of Bldg. or inside the Lobby during bad weather
Fitness/Stress Management	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health as part of the Mayor's Health & Fitness Challenge introductory mobile classes.	March 4,11,18 & 25 (Thursdays)	6:30 PM - 7:30 PM	Key Biscayne Senior Center 88 W. McCantyre Street Key Biscayne
Fitness/Stress Management	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health as part of the Mayor's Health & Fitness Challenge introductory mobile classes. Tel: 305-685-4881	March 4,11,18 & 25 (Thursdays)	9:30 AM - 10:30 AM	Family Christian Senior Center 14701 NW 7th Avenue
Fitness	Yoga for Kids	Please wear comfortable clothing and bring your own mat and towel. Arrive 10 minutes early. Limited seating. <b>Pre-registration required.</b> Ages 6 yrs and up.	Thurs. - Mar. 4 & 18	7:00 PM – 7:45 PM	West Dade Regional 9445 Coral Way

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Fitness***	Leisurely P.A.C.E. Ing (\$32./8weeks)	People with Arthritis Can Exercise in a relaxed environment at their own pace. To register call: 305-234-4948	(Starting on) Friday, March 5 (Fridays)	10:30AM -11:30AM	Perdue Medical Center 19590 Old Cutler Road
Fitness	Key Biscayne Heritage Bike Trip (\$25./incl. Bike & Helmet rental \$15 if you bring own bike)	Learn of natural and historical events as you bike along this barrier island. Call: 305-365-3018 for reservations.	Friday, March 5 & Saturday, March 20	2:00 PM - 5:00 PM & 3:00 PM - 6:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd. Key Biscayne
Fitness/Stress Management	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health as part of the Mayor's Health & Fitness Challenge introductory mobile classes. Tel: 305-805-5162	March 5, 12, 19 & 26 (Fridays)	10:30 AM - 11:30 AM	Miami Springs Senior Center 343 Payne Drive Miami Springs
Fitness/Stress Management	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health. Tel: 305-235-1668 Ext. 242	March 6, 13, 20 & 27 (Saturdays)	10:30 AM - 11:30 AM	Deering Estate at Cutler 16701 SW 72 Ave. Miami
Fitness	Wheelchair Tennis Program	All ages and skill levels	Saturday, March 6 (Saturdays)	9:00 AM - 11:00 PM	Big Five Tennis Club 9299 SW 7 Terr
Fitness	Goalball	Competitive sport for visually impaired teenagers and adults. Call: 305-652-4304	Saturday, March 6 (Saturdays)	2:30 PM - 4:00 PM	NFL YET Center 7090 NW 22 Ave.
Fitness***	Historic Oleta River Canoe Trip (\$20.00)	Take a ride along one of Floridas most historic and beautiful rivers. Bring binoculars. Call: 305-944-6111 for reservations	Sat.- March 6, 13, 20 & 27	10:00AM -1:00PM	(Meet at ) East Greynolds Park 167 Street and Biscayne Blvd. N. Miami Beach
Fitness***	Sports Saturday (\$32 / monthly)	Basketball, swimming and exercise activities for individuals 13 and older with developmental disabilities. Call: (305) 665-5319	Saturday, March 6 & 20	8:30 AM - 12:00 PM	Leisure Access Center 3401 SW 72 Ave.

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Fitness/Stress Management***	Key Biscayne Canoe Trip (\$20.00)	Canoeing through the mangrove forest where wide variety of marine life lurk. For other dates and times, call: 305-365-3018	Saturday, March 6 (also: Mar. 19, from 8-11AM)	4:30 AM - 7:30 AM	Crandon Park Marina 4000 Crandon Blvd. Key Biscayne
Fitness/Stress Management	Hatha Yoga Class	Bring your towel and mat and enjoy learning to relax	March 6, 13, 20 & 27 (Saturdays)	7:00 PM - 8:30 PM	Coral Reef Library Branch 9211 Coral Reef Drive
Stress Management	Raja Yoga	Meditation, relaxation and breathing exercises with professor Nhantal. In Spanish. Adults	March 6, 13, 20 & 27 (Saturdays)	1:00 PM - 4:00 PM	West Flagler Branch Library 5050 West Flagler St.
Fitness***	Chicken Key Canoe Tour (\$25./adults, \$15./children ages 9-14, \$35./moonlight tour/adults only)	Experience the beauty of Biscayne Bay as you make your way to Chicken Key Island, a seven-acre bird rookery. For more information, call 305-235-1668, Ext.242	(Starting on) March 7, 14 & 21 (Sundays) (Moonlight Tour on March 6)	8:30 AM - 11:30 AM (Moonlight Tour: 7:30-10:30PM)	Deering Estate at Cutler 16701 SW 72 Ave. Miami
Fitness***	Fossilized Reef Kayak and Snorkel Trip (\$25.00)	Explore marine life and 2,000-year-old fossilized mangrove roots. Different times for singles and couples on Valentine's Day. For other dates, times and reservations call: 305-365-3018	Sunday March 7 (also Mar. 14 from 2-5pm)	9:00 AM - 12:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd., Key Biscayne
Fitness	Wheelchair Basketball Teams	For athletes ages 10 and older. For more information, call: 305-234-4948	Sunday March 7 (Sundays)	11:00 AM - 2:00 PM	McArthur Senior High School 11035 SW 84 Street
Stress	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health. Call: 305-233-8140	Wednesdays March 10, 17, 24 & 31	7:00 PM	South Dade Regional Library 10750 SW 211 Street
Fitness	Memories at Matheson	Join the kickoff of a yearlong celebration of MDC Parks 75th Anniversary. Activities include boating, windsurfing, and much more.	Saturday, March 13	11:00 AM - 4:00 PM	Matheson Hammock Park 9610 Old Cutler Rd.

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Fitness***	Canoe Workshop (\$15.00)	Learn the fundamentals of canoeing, including strokes, steering and safety skills. For all ages. Call 305-662-4124 for <b>reservations</b>	Saturday, March 13	1:00 PM - 4:00 PM	(Meets at the shore of the Boating Lake at) Tropical Park 7900 SW 40 Street
Fitness	Light Gymnastics for Children	Join Dr. O'Farrill as she provides instructions in dance and light gymnastics. Ages 5 yrs. and up	Saturday, March 20	2:00 PM - 2:45 PM	West Dade Regional 9445 Coral Way
Fitness***	Matheson's Mangroves Kayak Trip (\$20.00)	Explore a rich marine community located in Biscayne Bay. Observe various wading birds and learn about the mangrove environment on this guided tour. Call 305-662-4124 for <b>reservations</b> .	Saturday, March 20	8:00 AM - 10 AM	Matheson Hammock Park 9610 Old Cutler Rd.
Fitness***	Fire Reef Kayak and Snorkel Trip (\$30.00)	Experience a patch reef with coral heads, sea whips and an assortment of tropical fish. Call 305-365-3018 for <b>reservations</b> .	Sunday, March 21	9:00 AM - 12:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd. Key Biscayne
Fitness***	Biscayne Bay Kayak Trip (\$20.00)	Discover a habitat teeming with life on this naturalist guided kayak trip through the Mangrove shores of Matheson Park. Call 305-662-4124 for <b>reservations</b> .	Sunday, March 21	4:00 PM - 6:00 PM	Matheson Hammock Park 9610 Old Cutler Rd.
Health/ Nutrition/ Fitness/ Stress Management	Downtown Monthly Events	Take charge of your health! Come and take advantage of Free Health Screenings, Hip Hop Aerobics + Tai Chi Demonstrations, Clown, Raffles, Music and much, much more.	Friday, March 26th	10:30 AM TO 2:30 PM	Stephen P. Clark Center 111 NW 1 Street Lobby
Health/ Nutrition/ Fitness/ Stress Management	Miami Beach Fitness Festival (Thursday, March 25th through Sunday March 28th)	Come and join us for a one mile fitness walk in South Beach and win a free entry to the Miami Beach Fitness Festival	Saturday, March 27th	2:00 PM to 6:00 PM (Fitness Walk at 5:00 PM)	Miami Beach Fitness Festival Ocean Drive (Fitness Walk at vicinity of 8 Street and Ocean Drive at Lumus Park)

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Fitness***	Canoeing Workshop (\$20./Adults \$10./Ages 9 to 18)	Learn canoeing fundamentals, including basic strokes, steering and safety skills. Call 305-255-4767	Saturday, March 27	9:00 AM - 12:00 PM	Bill Sadowski Park and Nature Cetner 17555 SW 79 Avenue
Fitness***	Biscayne Bay Canoe Trip (\$20.00)	Discover a habitat teeming with life on this canoe trip along the mangrove-lined shores of Matheson Hammock Park. All ages. Call 305-662-4124 for <b>reservations</b> .	Sunday, March 28	4:00 PM - 6:00 PM	Matheson Hammock Park 9610 Old Cutler Rd.

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